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INFLUENCE OF PARENTAL INVOLVEMENT AND PEER GROUP PRESSURE ON ADOLESCENTS' SMOKING HABITS IN SOME SELECTED SECONDARY SCHOOLS IN OYO EAST LOCAL GOVERNMENT, OYO STATE

BY

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Abstract

*The prevalence of smoking habit among adolescents in secondary school in Nigeria and other parts of the world gives room for concern. This problem is still on-going despite numerous researches on smoking habit. It is pertinent to investigate the influence of parental involvement and Peer group pressure on adolescents smoking habits among secondary school in Oyo East Local Government Area, Oyo State. This study adopted a descriptive survey research design. The population consists of all senior secondary school adolescents in Oyo East Local Governments Area, Oyo state. Two hundred (200) participants were selected from five selected secondary schools located in Oyo East Local Government Area of Oyo state using simple random sampling procedure. Three validated research instruments were used to generate data: Smoking Habit Scale (α = 0.82), Parental Involvement Scale (α = 0.77) and Peer Pressure Scale (α = 0.94). Three research hypotheses were formulated and tested using Pearson Product Moment Correlation and T-tests. The finding revealed that there was significant relationship between parental involvement and smoking habit (r =.530** p < 0.05). Also, peer pressure had significant influence on smoking habit of adolescents in Oyo East Local Government (r =.617** p < 0.05). Further, there was no significant difference in the smoking habit of the male and female participants; t (193) =1.012, p> 0.05. Based on this finding, it is recommended that parental involvement and environmental training with moral training should be encouraged to curb smoking habit among students.*

Keywords: Smoking habit, Parental involvement, Peer pressure and Adolescents

Introduction

The problem of smoking habit has grown to become a prevalent part of the contemporary society, and more disturbing is the recent surge in the rate of involvement of the young population in this damaging phenomenon. Until recently, cases of smoking habit are commonly associated with the adult population, but current findings have established the spread of psychoactive substance use to the younger populations potentially leading to addiction (Adeyemo, 2017; World Health Organization, 2017). The report of Center for Disease Control and Prevention (2023) also established that youths especially in Africa engage in utilizing different kinds of psychotropic substances. Similarly, Bouchrika, (2024) reported that there is now a higher consumption and dependence on drugs particularly among young people in the West African countries.

Smoking habit is an enormous public health problem, with far ranging effects throughout society. In additional to the toll smoking habit can take on one's physical health, it is considered an important factor in a wide variety of social problem, affecting rates of crime, domestic violence, sexually transmitted disease (including HIV/AIDS). homelessness, teen pregnancy and failure in school (Jelsma& Varner, 2020). Substance abuse among youths has become a global challenge and also an important public health concern and for the past two decades there has been a dramatic increase in the demand for interventions to address the substance abuse problem. This demand has led to the development of multiple primary, secondary and tertiary substance abuse prevention programmers (Sharma, 2017). The amount of harm associated with the use of these substances, is increasing in Nigeria and other middle- and low-income countries in Sub-Saharan Africa; as well as high income countries like the US (Bhatia, 2020). Although majority of the youth have a good understanding of the consequences of substance abuse, there is still a

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high prevalence of this phenomena occurring in Africa (Hodson, 2023). The reasons for smoking habit among youth varied, the most common reasons are; to boost self-confidence, to cope with stress, anxiety, to get high (euphoria), to socialize, to keep awake, to try to get sleep, to reduce physical and emotional pain, to experiment and to alleviate feelings of hunger (Sharma, 2017).

Adolescence is clearly a sensitive time period in the onset of cigarette smoking. More than one-third of junior secondary schools' students smoke at least once a month and 17% smoke a cigarette almost every day. In fact, by the age of 18 years, approximately two-thirds of teenagers have tried smoking with peak experimentation occurring between the ages of 13 and 16 years. Statistics from the World Health Organization in 2018 indicates that smoking kills nearly 6 million people each year, resulting in global economic losses totaling $100 billion. Among one billion smokers worldwide, 50% are young people who consume 6 trillion cigarettes per year (WHO, 2017). By 2020, it is estimated that 7 in 10 deaths from smoking will occur in Low- and Middle-Income Countries (LMICs). If current trends continue, WHO projected that tobacco will kill more than 8 million people worldwide annually by 2030 (WHO, 2017). Whereas, nearly 80% of all adult smokers is said to have began smoking before their 18th birthday (WHO, 2017). In High Income Countries (HICs), 8 in 10 smokers had their first cigarette during adolescence, and almost all smokers in LMICs have their first cigarette before their 20th birthday (Aina & Olorunshola, 2018).

Smoking habit can cause several health disorders such as cancer, heart disease and respiratory disease among others. Indeed, constant substance use causes morbidity, health and social problems. Smoking habit has medical, psychological and social implications and can be, for many students, the beginning of a course that leads to substance dependence". Secondary school students' encounter many challenges as a result of smoking habit. Secondary school students make use of smoking cigarettes for various reasons among which are to relieve stress and to raise their morale. According to the Center for Disease Control and Prevention (CDC) in 2023, smoking cigarettes elevates the likelihood of mortality from all causes, not exclusively those associated with cigarette consumption. Smoking cigarettes also heightens the likelihood of developing tuberculosis, specific eye ailments, and immune system disorders, such as rheumatoid arthritis (Feldman,etal., 2024).Several psychosocial factors contributed to smoking initiation during adolescence such as parental involvement, parental socio-economic status, peer group pressure and others. (Leem, et al, 2017). These factors shape the adolescent's subjective social norms towards smoking and go a long way in determining their attitude and susceptibility towards smoking.

Parental involvement reflects the extent to which parents are present and interject themselves into the academic and extra-curricular activities of their children (Hornby, 2011). When understudying parental involvement during adolescence, attention should be given to the developing parent-child relationship. As a child develops into adolescence, many changes are taking place: not just for the child, but for the parent as well. An increase in parent-child conflict can often be expected in early adolescence due to teenager's striving for independence (Edgar- Smith and Wozniak, 2010). According to Steinberg, (2017), Parental involvement refers to parent's active participation in a variety of activities and behaviours that encourage their children's early learning, development and smoking habits. In this regard, parental involvement in smoking habit such as drug abuse is well known to be non-beneficial to children's cognitive development in the post-secondary school years, as well as long-term psychosocial adjustment. The role parental involvement is also significant in children's smoking habit and has also been related to the provision of answering inquiries, and engaging in dialog with them about their experiences. Given the importance of parental involvement in boosting adolescent smoking habit, it's not unexpected that there's been a lot of curiosity about what factors influence the kind and frequency of parents' involvement in activities with their children. (Hornby, 2011).

Another factor that may influence adolescents smoking habit is Peer pressure. Peer pressure can be described as social pressure to adopt certain behaviours in order to conform with and be accepted by a peer group (Dodge, Dishion & Lansford, 2016). Peer groups are an important influence throughout one's life, but they are more critical during the developmental years of adolescence. There is often a controversy about the influence of a peer group versus parental influence, particularly during adolescence. The power of the peer group becomes more important when the family relationships are not close or supportive (Preveaux, Ray, Bello, & Mehta, 2018). If the parents are largely unavailable, the children may turn to their peer group for emotional support. Most children in this situation

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are not discriminatory about the kind of group they join. They will often turn to a group that accepts them, even if the group is involved in illegal or negative activities. For some young people, the need for affiliation or closeness is often greater than the need to "do the right thing" (Nicholson, 2015).

Peer pressure is a phenomenon that exists for all ages. In Nigeria, the phenomenon indicates high prevalence of tobacco use (Jelsma & Varner, 2020). It perhaps becomes perturbing and problematic as children grow seeing their peers as role model. Peer directly or indirectly influences adolescents to indulge in risky behaviour such as smoking. Direct peer pressure according to Tao and Fisher (2022) "may occur in the form of encouragement, dares, or actual offers of the substances". On the other hand, "indirect peer influences can occur when youth associate with peers who drink or smoke, increasing the availability of these substances, providing role models, establishing substance use as normative, and creating the perception that using these substances might increase social acceptance" (Tao & Fisher, 2022). Peer groups gives comfort to children, as it facilitates self-esteem in children and makes acceptable. Adolescents tend to settle with friends of similar problem and situation and where they know their conditions will be accepted (Barnes et al. 2024; Tao & Fisher, 2022). Peer exerts negative attitudes among adolescents and individuals by challenging them to prove their manhood through performing a risky stunt such as smoking. As such both girls and boys are made to indulge in risky behaviours they ordinarily they would not have taken, but taking such risky behaviour is the only way of assuring their acceptance. By so doing, they become addictive to such behaviour with inherent consequences on their personal well being and health. Most researchers have given priority and attention to the issue of drug abuse and other maladaptive behaviours with little attention paid to adolescents smoking habits despite its harmful tendency. In order to fill this gap, this study examined influence of parental involvement and peer group pressure on adolescents smoking habits in some selected secondary school in Oyo East local Government area, Oyo State.

Statement of the Problem

Smoking habit still remains one of the major problems in the world, with millions of people especially the adolescents, abusing legal and illegal drugs. According to National survey on drug use and health, about 110 million Americans aged 12 years and older (46%) used at least one illicit drug or smoking cigarrette, marijuana (cannabis) in their life time. Smoking habit has negative physical, psychological and social effects on individuals, families, friends and society. The ill effects of smoking habit include; medical problems, academic problems, conflicts, crime, financial problems, psychological disorders and increase in occultism. Smoking habit among the junior secondary school students has great potential to cause academic difficulties and social as well as employment problems later in life. Consequently, this makes youth to indulge actively in smoking habit especially in the Nigeria. The physical, psychological, social and economic consequences of the smoking habits problems among adolescents are becoming more obvious worrisome and disturbing. Adolescents who persistently abuse substances often experience and array of problems including health related problems (including mental health), poor peer relationships and involvement in social vices such as stealing, bullying, secret cult activities all these have negative consequences on family members, community and the entire society. Given this gap, this study intends to assess the influence of parental involvement and peer group pressure on adolescents smoking habits among junior secondary school students in Oyo East Local Government**.**

Hypotheses

6. There is no significance relationship between parental involvement and adolescents' smoking habits in Oyo East Local Government Area, Oyo state
7. There is no significance relationship between peer group pressure and adolescents' smoking habits in Oyo East Local Government Area, Oyo state
8. There is no significant difference between male and female adolescents in some selected secondary schools in the rate of smoking habits in Oyo East Local Government Area, Oyo state.

Methodology

This study adopted the descriptive survey research design. This approach involves interpretation of facts without any manipulation of variables. The target population for this study comprised of all senior secondary school adolescents who were in secondary school in Oyo East Local Government Area, Oyo state. However, there are thirteen (13) public secondary schools with total number 2,015 students. Two hundred and (200) secondary school

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adolescents were selected using simple random sampling procedure from five selected schools located in Oyo East Local Government Area of Oyo State. This technique was adopted because it allowed the participants to have equal chance of being picked for the study. Three standardized research instruments were used to elicit response from the participants. They are**:**

Smoking Habit Scale: The smoking habit scale was developed by Moberg, (2005) and it consists of 20 items and has a response format ranging from 1 to 4 response format. The developer reported a cronbach alpha of 0.89.The scale as used in this study was subjected to item total analysis and the researcher obtained an alpha coefficient of 0.86. Guttman split half = 0.72, alpha for part 1 = 0.77 while alpha for part 2=0.82. This implies that this section is also reliable for this study.

Parental Involvement Scale: This scale was developed by Moberg, 2005) and it consists of 20 items and has a response format ranging from 1 to 4 response format. The developer reported a Cronbach alpha of 0.89. Typical item on the scale reads; *Have you used drugs other than those required for medical reasons, Have you abused prescription drugs, Has drug abuse created problems between you and your friends, Does your friends ever complain about your involvement with drugs and Have you been in trouble at work because of drug abuse.* The scale used in this study was subjected to item total analysis and the researcher obtained an alpha coefficient of 0.86. Guttman split half = 0.72, alpha for part 1 = 0.77 while alpha for part 2=0.82. This implies that this section is also reliable for this study.

Peer Pressure Scale: The peer pressure scale developed by Garret (1981). This consists of 18 items with and 3 sub-scale (yielding to peer pressure, resistance to peer pressure and peer encouragement) with a response format ranging from Strongly Disagree = SD to Strongly Agree = SA.Three sample items are: *I have lied many times to cause trouble with my friends, I stay away, when my friends destroy other properties, I get more interest studies when my friends motivate me*. The author reported an internal reliability co-efficient (alphas) ranging from .94 to .97.

Data were analysed using Pearson Product Moment Correlation and T- test at 0.05 level of significance.

Results

Testing of Hypotheses

Hypothesis 1: There is no significant relationship between parental involvement and students' smoking habits in Oyo East Local Government Area, Oyo state

Table 1: The summary table showing significant influence between parental involvement and students' smoking habits

Variable	Mean	Std. Dev.	N	Df	r	p	Remark
Smoking habit	43.1443	7.11099	200	198	.530**	.05	Sig.
Parental involvement	34.1214	7.09966					

Result shows that there was significant relationship between parental involvement and smoking habit (r =.530** p <.05). This implies that parental involvement had significant influence on the smoking habit of junior secondary school students. Hence, parental involvement had significant influence on smoking habit among students in Oyo East Local Government Area in the study.

Hypothesis 2: There is no significant relationship between peer group pressure and students' smoking habits in Oyo East Local Government Area, Oyo state

Table 2: The summary table showing significant influence between peer pressure and students' smoking habits

Variable	Mean	Std. Dev.	N	Df	R	P	Remark
Smoking habit	89.7500	20.84852	200	198	.617**	.000	Sig.
Peer pressure	70.7000	10.31708					

**Sig. at 0.05 level

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The above result shows that there was significant relationship between peer pressure and smoking hab≤sit (r =.617** p < 0.05). This implies that peer pressure had significant influence on the smoking habit of junior secondary school students. Hence, peer influence had an influence on smoking habit among students in Oyo East Local Government in the study.

Hypothesis 3: There is no significant difference between male and female junior secondary school students in the rate of smoking habits in Oyo East Local Government Area, Oyo state.

Table 3: T-test table showing the difference between male and female smoking habits

Variables	Gender	N	Mean	SD	T	Df	P
Smoking habit	Male	105	90.53	21.03	1.012	198	< .05
	Female	95	91.11	20.43			

The above result reveals that there was no significant difference in the smoking habit of the male and female participants; t (193) =1.012, p< 0.05). In other words, no variation exist in the smoking habit between male and female participants.

Discussion of the Findings

In response to hypothesis one stated that there is no significant relationship between parental involvement and students' smoking habits in Oyo East Local Government Area, Oyo state. The finding revealed that parental involvement had significant influence on the smoking habit of junior secondary school students. This assertion supported the finding of Preveaux, Ray and Mehta, (2018). Affirmed that parent factor was associated with a greater increase in cigarette smoking over a period of 3 years. Many parents who smoke excessively fail to establish strong family bonds as they tend to create high levels of stress and emotional harm among other family members. Therefore, strong family bonds are not easily developed, established and maintained in families where excessive cigarette smoking habits are common. Individuals with distant, hostile, or conflicted family relationships are more likely to develop substance- abuse problems than their peers who grow up in close nurturing families. What differentiates children of alcoholics who develop substance-abuse problems from those who do not has to do with the extent to which parent's alcoholism interferes with family functioning. This study also in line with Steinberg, 2017.Who found that Poor parenting increases the adolescents' involvement in problem behaviour overall which in turn is linked to cigarette smoking.

In response to hypothesis two stated that there is no significant relationship between peer group pressure and students' smoking habits in Oyo East Local Government Area, Oyo state. The finding revealed that there was significant relationship between peer pressure and smoking habits among junior secondary school students in Oyo East Local Government in Oyo state. This assertion supports the finding of Aina, & Olorunshola, (2018) and Jelsma & Varner (2020) emphasized that substance use, specifically cigarette use, has a significant impact on peer pressure among secondary school adolescents. They found that this influence is the most powerful factor and when combined with cigarette use, it may contribute to the decline in mental health among adolescents. The mental well-being of students attending school is a crucial determinant of their present and future well-being. Impaired mental health can result in compromised physical health, hazardous behavioural consequences, and disruptive or unlawful conduct.

The findings also in support of Tao & Fisher (2022), who found that peer group bullying, discrimination, and cigarette smoking are all significant factors that impact the mental health of adolescents. In response to hypothesis three stated that there is no significant difference between male and female junior secondary school students in the rate of smoking habits in Oyo East Local Government Area, Oyo state. The finding revealed that there were no significant differences between male and female junior secondary school students in the rate of smoking habits. This assertion supports the findings of Bauchrika, (2024) and Sharma, (2024) who found that female internalize stereotype about female being less good at certain computer tasks, or performing worse in competitive computer environment. Thus, according to the researchers, the effect is of course identical to the one where these beliefs are based on actual differences. Raimi & Abdurahaman, (2019), found that male's engagement towards smoking habit decrease due to their environment and parental involvement while female had no significant relationship with smoking habit among adolescents. Similarly, Feldman, etal, (2024) found that theories of the smoking habits of

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male do not fit with females on smoking habits. Also found that gender differences posed low effects on smoking cigarette habit. However, gender is used consistently in accordance with other publications on computer achievement.

Conclusion

In conclusion, smoking habits is one of the major maladaptive problems among secondary school students in Nigeria. The concept and acts of indiscipline have received a lot of attention by researchers. The adverse impacts of smoking habits are quite enormous. The finding of the study clearly indicated that parental involvement had significant influence on the smoking habits of junior secondary school students, also peer pressure had significant influence on the smoking habits of junior secondary school students but there is no difference between male and female students on smoking habits of students in Oyo East Local Government. This study has provided more details to the existing information on the smoking habits among adolescents in Oyo East Local Government as a factor that required immediate solution. From this template, it becomes clear that various strategies should be design to access the issue of secondary school students in different schools, attention should also be given to the identified means or factors through which the researcher has been able to identify that can affect the learning outcomes of students as a result of smoking habits acts towards learning in the classroom through peer pressure and parental involvement. Hence in Nigeria, the school administrators should not only be responsible for the shaping of the students' smoking habits acts but also the home and parent from which individual student(s) originated from should be examined intensively.

Recommendations

1. Parents should monitor their children effectively and maintain consistent openness, effective communication, parental attention emotional and material support which could help the adolescent to stay away from the smoking habits.
2. Parents should also serve as good models, understand their child emotion and should attend promptly to the needs of their children at home and in school. Also the type of friends adolescents associate themselves with should be well known by the parents and monitored to ensure that they are not engaged in smoking habits and curb their excesses by constant counselling of the groups which their ward associate themselves with.
3. Adolescents should be targeted and provided with appropriate information when they are fairly young so as to avoid smoking habits and also move with friends that help them to deviate from this bad act. Adolescents should be helped to overcome their psychological, emotional, as well as social problems so as to prevent entry of smoking habits.

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